

October Program Highlights

Urbana Senior Center

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The Inside Scoop: Education & Ice Cream

Estate Planning

Learn about the importance of estate plan documents, particularly Last Wills and Testaments and Revocable Trusts. The top probate do's and don'ts will also be discussed. Feel free to bring your questions. The program is presented by Daniel Papuchis, Esq. an estate planning and administration attorney in Frederick.

Date: Tuesday, October 18

Sign-up by Thursday, October 13

Time: 5:30 p.m. Fried Chicken Dinner

6:00 p.m. Talk/Discussion

Cost: \$5.00 for the meal

Lunch and Learn:

Vaccinations for Seniors

Do you have questions about recommended vaccinations for older adults? Learn the latest about vaccinations and seniors. The Safeway pharmacist will be here to give a talk and answer questions. Plus they are bringing lunch: subs, veggies and more!

Date: Monday, October 24

Sign-up by Tuesday, October 18

Time: Noon **Cost:** Free

Lunch with Nurse Steve

Bring your friends and enjoy a delicious lunch. Nurse Steve's talk will be "Does it really matter when and how I take my medicine: a discussion about using prescription and over-the-counter medications effectively and correctly."

Menu: bratwurst, braised cabbage, mashed potatoes, Waldorf style salad, chocolate cake

Date: Thursday, October 13

Sign-up by Thursday, October 6

Time: Noon **Cost:** \$4.68 (Regular meal cost)

Artful Creations

Create unique and fun art work! This month will be clay leaf prints.

Date: Wednesday, October 19

Sign-up by Thursday, October 13

Time: 1:00 p.m. **Cost:** \$3 per participant

Voter Information

Did you know Maryland has new voting machines? In addition to information about the new voting machines, learn the answer to the question "Does my vote really matter?"

Be an informed voter!

Michelle L Wilson from the Maryland State Board of Elections will give the presentation.

Date: Monday, October 3

Time: 11:30 a.m. **Cost:** Free

Teens Teach Tech

Do you have tech questions? Drop in to learn some technology literacy skills from tech savvy teens. Topics covered may include tablets, smart phones and laptops. This is a joint program with the Urbana Regional Library.

Date: Tuesday, October 11

Time: 3:30 p.m. **Cost:** Free

Supper Club

Join us for dinner at a local restaurant the first Tuesday of each month. Sign-up is required.

Date: Tuesday, October 4

Time: 5:00 p.m. **Cost:** Separate checks

Restaurant: Sabor de Cuba (Frederick)

Game Day Afternoons

Mondays, Rummikub 1:00 p.m.

Tuesdays, Chinese Mah Jong 1:00 p.m.

Wednesday, Oct. 5, Wheel of Fortune 1:00 p.m.

Thursdays, Cards and Games/Wii 1:00 p.m.

(see other side for calendar of activities)